



WHITEBOARD – Why we NEED Exercise!

What happens when we DO Exercise

1. The body mostly uses simple sugars in our body, such as **Glucose (Glycogen)**, to contract muscles and restore our short term energy stores. HELPS with weight loss... NOT the main weight-loss tool.
2. After moderate-to-intense exercise, muscles will undergo **micro-tearing**, will requires 2-6 days of rest, **DOMS**, muscles will become bigger and stronger with the right programming and rest protocols
3. **Mood improvements**, feeling better about yourself, **confidence**
4. **Lung capacity / heart strength** will usually increase; you will always need MORE oxygen when starting with exercise for the first time (**breathing heavier**, slower to do activity) (VO2 MAX)
5. ” **Stitch in the side**” is a common **diaphragm** pull/spasm, especially after untrained/unconditioned physical labour. **Injury’s** sometimes happens initially due to **UNCONDITIONED STATE.. Prevention!**
6. **Improved blood circulation** can actually help to improve intestinal digestion and improve general absorption of nutrients you eat, hence putting your foods to better use!
7. **Brain Blood Circulation**, And this obviously will make you more awake!
8. **Joints Strength Improvement**, which is actually **VERY** connected to the circulatory system!
9. Kidney & Liver Function Improvement, Skin and Facial Acne Improvement (**Overall Health**)
10. **People Usually Notice...** In a good way~!

What happens to muscles/our body if we don’t exercise (Atrophy, Muscle/Strength Loss)

1. IF NOT DOING ADL’s (Work Included) – **1-4 Weeks**, Not really bad, a certain point after training for so long, breaks are good and necessary. **~5-8 Weeks**, Strength Loss Starts; *Effects are slower per conditioned individual*. **9-24 Weeks**, Muscle loss would set in. **25+ Weeks**, Bone density loss starts.
2. Decreased Blood Circulation, Increased Injury Risk, Tighter Muscles/Joints, Lazier/Less Motivated
3. Higher weight/water retention ability due to lack of functional exercise to utilize ENERGY
4. Higher Mortality Rate if Exercise Routine is not at some point Re-Established; *Low Activity Level*

Why we NEED Stretching, even if we don’t already exercise!

-Muscle Tightens over time / use -**Strength/Usage** Dictates Stiffness -Massage NOT good LT alt.

Importance of Generalized BALANCE! (the Beginners Guide to Exercise link to Wellness Wheel)

Fat vs Muscle (Importance for Balancing Diet & Exercise, the ‘Secret’ About Efficiency)

-**Fat** = Adipose Tissue, *TOO MUCH = BAD* | **Muscle** = Skeletal M. Tissue, *TOO LITTLE = BAD!!!*

*How to use the Online Exercise Workbook and how it might help make creating an exercise easier!
There is also an option to use good old fashioned paper and pen (and pencil crayons too :D)*